



Introducing... The Parravano Method

A Consumer's Guide To Comfortable Knees

By Bill Parravano

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Disclaimer: None of the information contained on this website and in this report to be construed as medical advice. These results are NOT typical. Most participants who fully commit to the Parravano Method at The Knee Pain Guru begin to see results within 1 - 2 weeks and in 3 - 4 months whatever knee pain they have been suffering with has been significantly reduced or eliminated. Statistics show that most knee pain sufferers do get worse over time if they do nothing. If you do the stretches and exercises incorrectly you could risk hurting yourself. If you have questions please contact your health care professional.

**Introducing the only NATURAL solution to
Knee Pain that is proven to work.
And you can do it yourself... at home.**

Are you curious how you can eliminate Knee Pain without surgery, pain killing shots, medication, or repeated leg exercises?

This report will tell you exactly how to do just that...

You are about to embark on an exciting new journey to heal your knees! I am excited that you have requested this report and are interested in taking the next step to eliminating your knee pain.

In this report, you will learn...

1. The most important insight to eliminating knee pain.
2. That getting over your knee pain is simple & easy.
3. The 5 Most Common Mistakes knee pain sufferers make.

With a little time, energy, and effort on your part, your body will do what it knows how to do best, which is "heal itself." In a relatively short period of time, your knees will be out of pain!

I know this might be a little hard to believe, especially when your knees are probably in pain right now and have been giving you pain every day for a long time.

Here's what I want you to know. I speak from very personal experience on knee pain, since I dislocated my left knee four times in 1998 and 1999. (Yes, I was young and convinced my knees were invincible...)

I ended up having reconstructive surgery on the ligament in my left knee. Since then, my life has taken lots of twists and turns, yet there was one thing that remained constant:

The quest to live the life I want without knee problems...

I was left with agonizing chronic knee pain from my initial injuries, and there was no relief after the knee surgery. The surgery corrected the torn ligament (ACL) in my left knee but it didn't get rid of the pain!

As good as the doctors and physical therapists were in understanding how to “fix” my injured ACL, they were utterly worthless in helping me get rid of the knee pain...

I felt stuck, confused, helpless, and to be quite frank...Pissed off that I really couldn't get a medical answer about the pain going on with my knee...

If a doctor or medical professional looked at my x-rays, CT scans, & MRIs the prognosis was that my knee was “fine,” so why did I still have lots of pain, tension, swelling and discomfort in my knee joint...

The surgery repaired the ACL in my knee, so my knee was fully functional, however...

NO ONE TOLD ME THE SURGERY WOULD NOT RELIEVE THE PAIN.

I was driven to find an answer. And this determination led me to discover one of **the biggest secrets to healing knee pain...**

It was so simple and so easy I couldn't believe what I discovered...

The source of knee pain is a squeezed nerve ending. A nerve is so tiny; it's like the tip of an eyelash. If you can relieve the tension in your knee joint – that little tiny nerve relaxes and your pain is reduced.

When you create space in your knee joint, this takes the pressure off of the nerves in your knee...

And...

The knee pain goes away!

Let me repeat that again – Take pressure off the nerves in your knee and the knee pain goes away!

You see the pressure on the nerves in your knee is irritating and it sends a signal to your brain that you have knee pain...

Remove the pressure

And... Voila!

No more knee pain!

It's just like un-kinking a garden hose... When the garden hose gets a kink, the water pressure builds up in the hose. Tension and pressure cause the hose to swell and get very tight. When you remove the kink, water passes easily through the hose again.

What does this mean for you?

Remove the "kink" in your knee. And... Reduced pain, less swelling and faster healing for your knees with only a fraction of the effort you are currently putting forth to get rid of your knee pain...

I know you are probably thinking... "Bill, that's too easy!... It must be more complicated than that!"

Honestly, the complication only arises from your belief that something this simple could never work to get you out of knee pain...

Yet time and time again, with client after client, I see dramatic results in the first 1 to 2 weeks after they understand how to take the pressure off the nerves that are irritating the knee using the Parravano Method.

When you begin to see the Parravano Method of stretching start working for you... right before your very eyes... you will see how silly it is to do exercises that strengthen muscles in your legs... 'cause it won't work. (And you probably know that, because you have tried it already... I know I did.)

Too many doctors and physical therapists focus on strengthening your leg muscles, but that is not the solution. Your pain will not go away by strengthening your leg muscles. Your knee pain goes away by creating space in your knee joint, which takes the pressure off of the nerves in your knee.

Since 1999, I've learned many specific techniques and strategies that will help you do this. I have enough strategies and specific exercises that I could teach an entire physical therapy curriculum. But, I want it to be easy for you to do yourself.

I have synthesized the best techniques I have into 8 or more specific stretches to relieve the pressure on the nerves in your knee. With committed focus and attention your knee starts to feel good consistently. This first step is available in a private members area called, The Comfort Zone.

Once you have completed the Comfort Zone, and are out of pain, you can then begin a routine of exercises that strengthen the ligaments and tendons in the knees, not the muscles in your legs. I have compiled these techniques into 18 specific exercises that I include in my [Ebook, "Stop Your Knee Pain Now!"](#) So when you are ready, you will have the exact prescription for pain free knees that last a lifetime.

The information I acquired since my knee surgery does more to get you over your chronic knee pain than anything I have ever used. How do I know? I tried just about everything out there. From different therapies and gadgets, many different contraptions and knee braces, and different doctors and physical therapist's advice and alternative therapies too.

None of it compares to the simple approach that I have compiled in the Parravano Method. And you are taking the first steps right now by reading the information outlined in this free report.

Most knee pain strategies put a disguise on what is happening in your knees, and they never get to the root problem like my method does.

In other words, the conventional approach to knee pain only treats the symptoms with what I call the "numb knees" solution. And it never heals your knees, it just gives you a few hours of reduced pain... then it's back.

Don't get me wrong - I do believe that the conventional medical approach serves a vital purpose, especially when something in your knees is broken or torn. And if you decide to work with me as a private client one-on-one, the first thing you will need to do is have your knees checked by a licensed health care professional.

Your knees need to be evaluated and you need to be certain that nothing is torn or broken. Because I can't fix breaks and tears. I help get you out of pain.

Once you know that nothing is torn or injured. I can work with you. And you can get your life back. And you can live a life without every worrying about your knees again.

I don't subscribe to unnecessary prescription drugs, painkilling shots, and knee replacement surgery as the only options to long lasting relief from chronic knee pain. I have created the Parravano Method, America's leading alternative to knee replacement surgery and it starts with this free report.

You can do it easily – and you don't need anything that you don't already have...

The real prescription for knee pain is to relax the stress & tension in your knees so your knee joints open up, they stop pressing on those tiny nerves, and you get relief, then you strengthen the ligaments and tendons in the knees so they remain strong and flexible.

Just like opening a safe at the bank, we need to find the right 'combination' of knee treatment solutions that will work best for your knees, and will create the results in **your body's ability to heal your chronic knee pain.**

With the Parravano Method you have a solid foundation to work from. No stone is left unturned, and you know exactly what you are looking at to ensure you have the best chance of "success."

And "success" means you are up and around, doing all the things that you want to do, without the slightest worry that your knees are going to hurt!

To give you that success, I want to share with you the five most common mistakes knee pain sufferers make. This awareness alone can make a significant contribution to your pain free knees!

The 5 Mistakes Knee Pain Sufferers Make And How to Avoid Them

1. Not Enough Water

Human beings are 80% water. Not enough water leads to chronic dehydration which dries out your knee joint, leads to your bones rubbing together resulting in recurring knee pain.

When the water loss is persistent it creates an acidic state in the knees, which causes irritation in the nerve endings resulting in more intense, even excruciating pain in your knees.

Proper hydration of the body results in reduced joint and bone "stiffness" and can eliminate considerable knee pain.

Water is programmed by your brain to serve the knee joints last, so without enough water, your knees will start to wear away, like car parts without the proper lubrication. Your brain thinks other bodily functions have a higher priority for water, like your heart, digestive system, blood etc.

So, you have to drink enough water for your whole body, including your knees. Without enough water, your knees will feel like a dry and brittle cracker. And water is water... not tea, coffee, vitamin drinks, sodas, etc. Proper hydration is the beginning of the end of your knee pain.

2. Doing Knee Exercises Too Fast & the Wrong Ones

Most Doctors & Physical Therapists will tell you that the key to your knee recovering is muscle strength...WRONG.

There are NO MUSCLES in and around the front of the knee. It is primarily tendons and ligaments.

Tendons and ligaments are what supports the knee joint to provide smooth, pain-free movement.

Tendons and ligaments are the unknown hidden factors that are the essential to pain free knees.

So why then does most literature advise chronic knee pain sufferers to strengthen the muscles in the legs to protect the knees from injury – and not the tendons and ligaments? Have you been told to do leg extensions, leg curls, leg raises, calf raises... ?

If you do exercises "normally" one rep at a time for 12 to 15 reps, odds are you will still have knee pain at the end of the day. Why?

Muscle fatigue begins after 7 seconds of exercise. Tendons fully take over only AFTER the muscle is fatigued.

Therefore, if you are not doing each rep for longer than 7 seconds, you are not fatiguing the muscles long enough to build the strength in and around the knee joint itself.

In my Ebook I have details about the 18 absolute best exercises to do to strengthen your tendons, ligaments, and connective tissues, and exactly how to do them in the comfort of your home in only 11 minutes a day.

These unique exercises will amaze you when your knee pain goes away. And you feel confident you can create strong, healthy knees on you own. (No knee replacement, thank you very much.)

3. Improper Breathing

It is difficult to do an exercise for more than 7 seconds without breathing.

Most of the time, when your body experiences stress you tend to hold your breath.

Improper breathing will lead to your body tensing and actually getting tighter and stiffer.

By consciously keeping your breathing constant (in through your nose and out through your mouth) during the entire exercise, you not only exercise your tendons, you also oxygenate the brain, preventing light-headedness.

The more difficult or challenging the exercise, the faster your breathing needs to be.

You can see this exact breathing sequence demonstrated in the videos that are a companion to my Ebook or on my optional DVD, if you need more details. You will learn proper breathing during the exercises that rapidly reduce tension and speed up the recovery of your knee pain.

4. Poor Diet & Nutrition

The foods you eat have a direct effect on your knee pain. Poor diet creates an inflammatory state in your body, which irritates nerve endings in your tendons, muscles, ligaments, and joints sending a signal to your brain that your knees hurt.

Proper diet & nutrition for your body will reduce the general inflammation in your body, and take the pressure off of the nerves in your knees.

Reduced inflammation = Reduced pain

Proper food is like the proper fuel for your car, you wouldn't run your car on coffee, would you?

In other words: fresh fruits, vegetables, and foods that are in line with how we've developed through evolution... will create the conditions so your body has the proper fuel it needs to heal itself quickly in the shortest time possible... The end result is your body reduces the pain, swelling, and inflammation that is going on in your knees.

5. Improper Stretching

Our bodies are not robots, current stretching techniques do not get your tendons and ligaments to become flexible, it focuses on your muscles.

Muscles only move linearly (straight lines), tendons and ligaments move dynamically (at angles).

Unless you always move like a robot, stretching muscles isn't going to eliminate pain in your knees.

By understanding your knees and giving them what they need, you will start to reduce the pain in a very short period of time.

In my Comfort Zone series, you can discover 8 or more stretches I demonstrate that reduce the tension and pain in your knees.

To strengthen your knees for a lifetime, in my [Ebook, “Stop Your Knee Pain Now!”](#) gives you 18 specific techniques to stretch your tendons and ligaments that will produce flexible and strong knees.

Now You’ve Got Some Information That’s Proven to Work...

You’re probably asking yourself, “How do I begin to create the space in my knee joint and take the pressure off of the nerves which is causing the pain, tension, swelling and discomfort in my knee?”

The answer simply is...comfort...

You see, we’re working directly with your nervous system... This is the electrical system in your body just like the fuse box in your house...

When you overload an outlet in the house this will pop a circuit breaker in the fuse box...

In order to get the electricity working in the outlet again you need to reset the circuit breaker in the fuse box...

When you introduce comfort to the knee joint, it’s like resetting the circuit breaker in your body’s fuse box.

What you feel in your knee when this happens is immediate relief of the knee pain...

So if you’ve been dealing with knee pain for more than 3 months and wondering if what you are doing is working... Sorry to be the bearer of bad news but...It’s not!

Focus on creating comfort in your knee each day and you’re doing the very highest leverage thing you can do for your knees to get out of pain.

So now the process looks like this:

RELAX THE TENSION in your body... ...REDUCE the effects of STRESS & FATIGUE... ...LOWER YOUR BLOOD PRESSURE... ...which DECREASES HEART RATE... ...and most importantly...

...INCREASES the amount of OXYGEN in your body... allowing it TO HEAL THE CHRONIC KNEE PAIN it is experiencing in that moment.

The Parravano Method provides you the complete system: 7 Steps to Pain Free Knees.

1. Comfort Zone
2. Water
3. Breathing
4. Nerve Calibration
5. Nutrition
6. Exercise
7. Lifestyle

Being aware to constantly focus on the Comfort Zone, that's when your knee feels good. Whether you are getting up from a chair or engaging in any daily activity. Notice when it does NOT hurt. This will make a HUGE difference in the amount and severity of pain you are experiencing in your knees...

Most of the time we are noticing the pain and it sounds something like this...

"My knee hurts when I _____"

You fill in the blank... stand up, bend over, sit down, go upstairs etc.

Of course it's good to know when you feel pain, however, it's more important to know when you feel comfort or where and when your knee DOES NOT HURT...

The key is to focus on comfort...

...and...

...what we focus on expands.

This is where the magic happens! This is where your body heals! This is where the conditions are created so your body has no other choice than to heal what you have going on in your knees...

Now I know that all of this can seem a little overwhelming and you may be asking yourself, "Geez Bill, that sounds great! But, I'm not sure what to do next."

If this information makes sense to you, then here is my recommendation:

Get the "Comfort Zone" to relieve the pressure and tension in your knee joint(s).

Get the [Ebook, "Stop Your Knee Pain Now!"](#) to follow a strong, healthy knee exercise program that focuses attention on the ligaments and tendons in your knees. There is a Paperback book option.

Get the Ebook-Video Combination "Stop Your Knee Pain Now!" that includes a full video demonstration of each exercise and the breathing rhythm and options to support any pain or tension you experience. There is a DVD option.

Join the Virtual Clinic, if you experience pain in other areas of your body, such as hips, low back, shoulders etc. As you heal your knee pain, the tension pattern can move to other joints and areas of your body. I created the Virtual Clinic to provide video support on these areas as well.

This information is an ideal next step for you to get started on pain-free knees.

I look forward to keeping in touch with you as you heal your knee pain. You will receive additional tips and videos as I produce them. I hope you find them helpful.

Here's to your pain free life,

A handwritten signature in black ink that reads "Bill". The signature is written in a cursive, slightly slanted style.

P.S. Be sure to visit www.TheKneePainGuru.com for information I publish about specific knee pain conditions: such as bone on bone, osteoarthritis, fluid on the knee, runners knee, degenerative changes and others, including special exercises and ideas that will eliminate knee pain.

Take this
Step to
END PAIN



Get the Knee Pain Guru's best selling Ebook.

3 Bonus Audio Programs:

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- The 5 Pillars of Knee Pain Recovery Audio

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Are you ready to finally be pain free? Then take the very next step to make that happen TODAY!

Recommended Items that are Helpful:

Traumeel – Anti-inflammatory Analgesic

I use this in place of products such as Tylenol, Advil, Nuprin etc.

Traumeel Gel – Apply directly to painful area

Arnica – Homeopathic Treatment

This is effective both as a topical gel or salve and as a pellet taken internally

Natural Calm by Natural Vitality

Supports sleeping

Rhus tox – Homeopathic for joint pain

Please see www.TheKneePainGuru.com for more information and links to products and nutritional supplements I recommend.